Tuesday, January 6, 2015

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NEWS WORTH SHARING.

Max Domi is hugged by teammates Nic Petan, left, and Anthony Duclair as they celebrate Canada's 5-4 victory over the Russians in the gold-medal game at the Air Canada Centre on Monday. Domi was named best forward of the tournament. More coverage, page 21. FRANK GUNN/THE CANADIAN PRESS

Putin the Russians in their place

Nail-biter. Our house, our team, our gold

GILBERT NGABO
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Canadians wanted this one very, very badly.

Two minutes before the end of the gold-medal game on Monday night, you couldn't even hear your own voice inside the Air Canada Centre. Fans were all on their feet, chanting uncontrollably as the Russian team tried to put together a final effort to score the equalizer.

It wasn't meant to be. Team Canada hung on to a one-goal lead and ended a five-year drought, beating their rivals 5-4 to win gold at the 2015 IIHF World Junior Hockey Championship.

"This is so much fun," said one fan, jumping up after the game as fireworks were shot after the final singing of O Canada. "These boys are our heroes."

The entire ACC stayed after the final horn to cheer for individual and collective honours presented to our nation's hockey heroes.

And when Max Domi was announced as the tournament's best forward, the crowd erupted into chants of "Domi! Domi! Domi!"

It was a rematch of the 2011 final between Canada and Russia, and that can only mean one thing for Canadians: revenge.

Canada held a 3-0 lead over the Russians in Buffalo through two periods in that game. Then Russia rallied and took an impressive 10 shots, netting five of them and unceremoniously eliminating the Canadian team.

As the puck-drop time approached on Monday evening, Air Canada Centre seats started filling up with red-garbed fans from across the city. When the Zamboni finished the final cleanup and the starters were announced, the crowd could hardly contain its excitement.

The atmosphere was electric when the players skated onto the ice. The usual boos for the visiting team were followed by louder cheers and clapping for Team Canada players.

The fans got what they wanted. Within the first 30 seconds, Anthony Duclair put the puck into the back of the Russian net. On their feet, fans started chanting: "We want gold!" and "Let's go, Canada!"

Two minutes later, Canada struck again, prompting the Russian team to change their goalie.

"Two shots, two goals," said one excited fan on the sidelines. "You cannot ask for a better start."

Canada's youngsters picked up where they left off. Five minutes into the second period, Canada's Connor McDavid — who's projected to be the No. 1 pick next draft — lived up to the hype and provided Canada with a comfortable lead, driving and scoring on a strong shot. Just before fans could cool off, Domi made history for himself, netting the fourth goal of the night for Team Canada. At this point, fans started chanting: "This is our house!" and "We want gold!" more consistently.

But in a fashion reminiscent of that 2011 game in Buffalo, Russia came charging back and drew to within one at the second intermission. Fans didn't stop believing, however, chanting, "Let's go Canada!" louder and louder — although some did appear to be a little scared.

The final period was probably the toughest to watch.

"I'm sweating right now," said one woman halfway through the third period, when Russia was taking shot after shot.

"My heart is racing."

Others were disappointed with Team Canada giving up a lead that big.

"They slept on their lead. You can't do that in any game," said a fan identified as Edwin.

Fortunately both teams went scoreless in the third, allowing Canada to get their long-awaited gold medal.

The Russians have a different perspective on the gold-medal game. Story, page 5.

Form over function gives Tory the slip

Metro offers our mayor some sure-footed tips on how to regain a little traction after his stumble on the sidewalk Monday

PAGE 4

Protesters say Dalhousie suspensions not enough

Many argue dentistry students should be expelled for their alleged involvement in Facebook group that degraded women PAGE 6

It's the great pumpkin

No longer just for pies and jack-o'-lanterns, this familiar Halloween face is among the top trends that have health experts buzzing in 2015 PAGE 16

‘MIRACLE MOLECULE’ SUPERCHARGES CIRCULATION, PROMISING BETTER BLOOD FLOW, BLOOD PRESSURE AND INCREASED MENTAL CLARITY & STAMINA!

Are you concerned with high blood pressure or cholesterol, a lack of stamina and energy, a dip in libido and physical performance,or the increase of “senior moments?” The answer to living without these health concerns has been discovered in what scientists are calling the most important health breakthrough of our time. The discovery starts with nitric oxide (N-O)!

OVER 40 LOSING CRUCIAL RESERVES

N-O is a natural substance produced by the body that has amazing effects on health and circulation. The American Heart Association published one of many studies showing that many people over 40 don’t produce enough N-O. In fact, your body produces less than half of what it did at 20.

NOBEL PRIZE WINNING DISCOVERY

Three researchers received the prestigious Nobel Prize for this discovery. One of the winners says, “There may be no disease process where this miracle molecule does not have a protective role”.

GOOD NEWS FOR BOOMERS!

Researchers reported that N-O helps with energy levels, blood pressure, cholesterol, joint discomfort, and assisted in strengthening the immune system.

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Based on the research of Dr. Nathan S. Bryan, PhD, who lectures to doctors around the world about Nitric Oxide, Neogenis® Labs has created a revolutionary lozenge, called Neo 40 daily, that makes it easy to restore N-O levels. This “fast-dissolve” lozenge restores your N-O to youthful levels by dissolving within 90 seconds and begins to work immediately, which leads to better circulation, for many in as little as 20 minutes.

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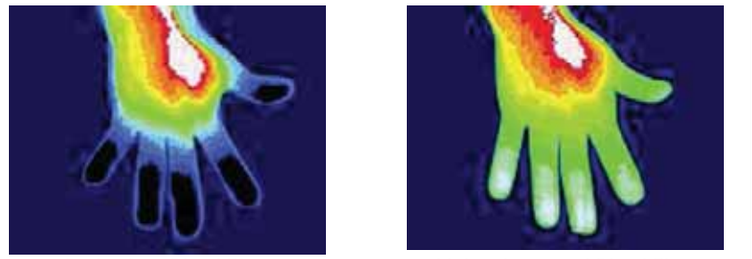

Dark = Low Blood Flow **Light = Increased Blood Flow**

Actual Thermographic Image of Hand shows circulation in hands before and after taking Neo 40 daily. On the Left, the fingertips are almost black showing little blood flow. On the Right, lighter colored fingers show increased blood flow after only 20 minutes.

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Lee L., from CA was stunned with her results. “I have had knee, leg and shoulder problems for over 10 years. The pain has deprived me of sleep for months!

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Pickups

Tales from the impound lot

With Mayor John Tory spearheading a renewed push to clear trucks and cars blocking lanes during rush-hour traffic, Kevin Araya, heavy division dispatcher at JP Towing Service and Storage, says that mostly "everyday workers" who've had their cars towed don't relish the journey to Keele Street and St. Clair Avenue West to fork over at least $200 just to get behind the wheel again.

"On a regular basis, people are irate, obviously. We took their car. We're the bad guys," said Araya, who's seen people collapse with rage when told of their impound bills. Having to call the police when people are upset isn't uncommon, he added.

Once, someone got into the car and rammed the chain-link gate of the lot in a bid to escape without paying, a phenomenon Araya and the JP Towing staff call "drive-outs."

"You never know what's going to come through that door," Araya said, adding most people are calm and mild-mannered when picking up their cars. "We strive to have a nice attitude."

Fees are set by each company that tows for the city and run from $149 to $160 for towing, plus daily storage costs at impound lots, ranging from $50 to $80. According to a city bylaw, companies like JP Towing may charge a quarter of their daily storage fee per hour for the first four hours a vehicle is impounded.

That's on top of the cost of the ticket for parking illegally. The fine is $150 if you're caught taking up space in a rush-hour zone.

TORSTAR NEWS SERVICE

Tory rush-hour towing promise comes through

Crackdown. But couriers need to stop on downtown streets to deliver parcels to businesses, says industry representative

JESSICA SMITH CROSS
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Traffic was flowing a little smoother on the first day of Mayor John Tory's rush-hour parking violations crackdown, police said Monday.

Couriers, meanwhile, were warning of a "significant competitive impact" on Toronto's economy.

David Turnbull, president and CEO of the Canadian Courier and Logistics Association, which represents Purolator, FedEx and other courier companies, talked to a city committee about the crackdown on Monday.

In many areas downtown, the city has designated no legal places for couriers to stop in rush hour, but businesses in the towers require on-demand courier services.

If — or when — a courier breaks the law and their truck is towed, the sensitive mail and parcels go with it.

"Businesses have their business to do, I understand that, but when you're blocking a lane of traffic you're affecting other businesses and other people just trying to get around," Tory said during a press conference.

No courier vehicles were towed Monday morning, according to Toronto police.

Police towed 29 vehicles and issued 70 parking tickets in the morning rush. Evening rush figures weren't available by press deadline.

Towing a courier vehicle is more complicated than towing a car whose driver has stopped in a no-stopping lane during rush hour to buy coffee.

Only four of 28 police-authorized towing vehicles can tow large trucks, and there is no downtown impound, so they're towing them out of the city core.

Turnbull said his organization is working with the city to create areas on side streets where couriers alone are allowed to stop, but progress has been slow, with 30 spots created so far. Companies are also assigning more "walkers" downtown, he said.

Meanwhile, police traffic spokesman Const. Clinton Stibbe said officers had observed that traffic was flowing smoothly.

"Where there would normally be cars parked, they weren't there," he said. "While we've made headway, the thing is for it to continue."

Toronto police will help parking-enforcement officers with the rush-hour crackdown all week. They'll continue to do that after this week but only in surprise random blitzes.

The number of parking-enforcement officers assigned to look for rush-hour violations downtown will increase permanently, Stibbe said.

The distinction is important. Police officers can pull vehicles over and issue tickets. Enforcement officers can't issue tickets if the driver manages to leave before it's handed to them or put on their car. If a person drives away before receiving the ticket, it is never filed.

In 2014, this led to four enforcement officers being injured and millions in lost parking revenue. According to a 2008 city report, $5 million in parking tickets are skipped out on every year.

To remedy those problems, a city committee passed a resolution Monday to ask the province's attorney general to allow tickets to be delivered by first-class mail.

Parking fines add up

How many tickets do couriers get?

- Purolator spends more on parking tickets in Toronto than in the rest of Canada combined, said David Turnbull, president and CEO of the Canadian Courier and Logistics Association.
- Major courier companies told city staff that 90 per cent of their parking fines across the country were doled out in Toronto, with fines coming in at more than $200,000 each year, according to a 2011 city report.

A Shred-it truck parks on Bay south of King in a no-stopping zone Monday, despite Mayor John Tory's call for zero tolerance on rush-hour parking.

DAVID COOPER/TORSTAR NEWS SERVICE

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Tory's slippery sidewalk stumble

Wingtips = wipeout.
Mayor's near fall prompts lesson on men's style, safety

IRENE KUAN
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Mayor John Tory almost took a tumble Monday morning as he was walking along Queen Street on his way to a press conference but, luckily, he made a smooth recovery.

One thing we did notice: the mayor was not wearing appropriate winter footwear, opting instead for a pair of stylish, shiny black leather dress shoes.

So, Metro is stepping in to show the mayor how he can stay stylish and possibly prevent future slips.

This advice is also for the poor fellow behind the mayor (see the background of the photos) who was not so lucky and wiped out on the ice.

Anti-slip pads
$29.95 from Amazon.com

If Mayor Tory prefers to wear dress shoes during his winter outings, then some easy-stick, anti-slip shoe pads may be the product for him. Subtle yet effective, the budget-friendly pads are applied to the bottom of shoes to provide extra traction.

Galoshes, a.k.a. 'shoe condom'
$26.95 - $44.99 from Amazon.com

Another option to protect fancy dress shoes is to cover them with classic galoshes. They've long been a dependable dress-shoe protector for the Bay Street crowd during the slushy winter months and are easy to remove without applying anything to the shoe.

Weather-ready dress shoes
$220 US

If all the above Band-Aid solutions shall fail, then Mayor Tory may want to invest in a pair of these beauties: the Jack Erwin "Carter" wingtip combat boot. Created with the elegance of a dress shoe in mind but rugged enough to withstand harsh weather.

PHOTOS COURTESY AMAZON.COM, JACKERWIN.COM

From top left to bottom right, the scene that played out during Mayor John Tory's treacherous trek along Queen Street on Monday morning. TORSTAR NEWS SERVICE

Artist to send PM portraits of missing, murdered aboriginal women

Evan Munday COURTESY JENNA WAKINI

A Toronto illustrator has started drawing portraits of missing or murdered aboriginal women and plans to send a new one to Prime Minister Stephen Harper every day to bring more attention to the issue.

"Let's make it higher on his radar. Let's make it higher on everyone's radar," Evan Munday, 34, said in a telephone interview after he launched the project Monday on Twitter.

Chosen largely at random from an online RCMP database, the subject of his first portrait posted to Twitter is missing woman Elaine Frieda Alook.

The mother of four was 35 years old when she was last seen outside Fort McMurray, Alta., on May 11, 2004, when news reports say her brother dropped her off at a shopping mall.

Drawing the portrait first in pencil and then going over it with ink, Munday scanned it into electronic format at a photocopying shop and then posted it to Twitter. He plans to start the time-consuming process anew each day.

"I wanted it to be taking time and effort. It actually makes me think more about it. It makes me think more about both the issue and that these are people who have gone missing or who have died and think about their lives," said Munday, who is also an author of books for children.

The RCMP estimated last year that nearly 1,200 aboriginal women and girls have been murdered or gone missing in Canada in the past three decades.

"The grim thing is that I could do this and literally not run out of portraits to do for over three years, which is really kind of a staggering thought," said Munday.

Munday said the idea grew out of a similar art project he did for the 25th anniversary of the École Polytechnique massacre last month, posting to Twitter his ink-drawn portraits of the 14 women killed in Montreal on Dec. 6, 1989.

Munday said the "last straw" for him was when Harper said, in his year-end CBC interview with Peter Mansbridge, that a national inquiry into missing and murdered aboriginal women "isn't really high on our radar."

The Conservative government instead announced a $25-million "action plan" on the issue last fall, arguing it would rather focus on criminal justice and preventative measures than further study.

"The federal government seems more concerned that retail prices for books or toys are slightly higher in Canada than the fact that thousands of indigenous women have gone missing or been murdered. That's higher on their radar," said Munday.

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Homeowners, workers protest

Homeowners and ex-employees of GarCon Building Group protest in front of the North York home of the failed firm's president, Adam Gardin, on Monday. Stranded homeowners and former employees are seeking reimbursement from Gardin, a home builder who says his "arrogance" caused the failure of his company. MARTA IWANEK/TORSTAR NEWS SERVICE

It's the West vs. Russia at world juniors

Canadians care more about gold. Russians care more about politics.

The world juniors, little more than a hockey tournament here, has served as a political rallying call in Russia.

Media cheered as the Russian team powered past the U.S.A. and Sweden to face off against Canada on Monday.

"Canada is considered to be a political foe, and there are major Russian sports newspapers writing about nothing but Canadian fans cursing at Russian female and children fans," said Russian sportswriter Slava Malamud.

Russian media were pushing for a gold medal "in the lion's den, and behind enemy lines, to show everybody that Russia is great and fearsome," he added. "These are major newspapers I'm quoting; they're not tabloids or blogs."

Sanctions against Russia by Western countries, including Canada, over the Ukraine crisis have hit hard, along with dropping oil prices — the country's main export. The Russian ruble's fall has been so severe — it hit an eight-year low on Monday — that the country is slashing vodka prices by 16 per cent to combat steep inflation.

What looks dire from the outside, though, is not seen the same way inside Russia.

"Russians don't necessarily think of their predicament in the world right now as grim," Malamud said.

"The state-controlled media displays Russia as heroic, defending traditional values and the Russian way of life."

Russia's advance to the finals has fit the story, making front-page news on Metro Russia's website and Russia Today's list of top news Monday, beside updates on the AirAsia crash and jury selection in the Boston marathon bombing trial.

The tournament fed into a "cold-war mentality" growing inside Russia, Malamud said.

The tournament isn't as popular in Russia as it is in Canada, Malamud said, but past Russian success — including beating Canada for world junior gold in 2011 — has spurred enthusiasm.

ROSEMARY WESTWOOD/METRO

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$200k in back rent owed

City hall restaurant owner facing eviction

A city committee is moving to evict its restaurant, Café on the Square, if its owner does not pay some $200,000 in back rent and fees.

The city would "proceed with legal options" to recover the back rent, but proprietor Tony Palermo — who also runs other restaurants in Toronto, including the Harbour Sixty Steakhouse — warned the committee that Café on the Square is owned by a numbered company with no assets for the city to seize.

Palermo said the rent and common fees the city has asked for make it financially impossible to operate a successful restaurant at city hall.

Café on the Square won the right to continue operating in the spot by being the only successful applicant in a request-for-proposal process in 2009, and Palermo later informed the city he had missed the part of the agreement that outlined that city common element fees the city would charge him would significantly increase.

John Tory said it would be "bush league" to not have a restaurant at city hall but wants private money to pay for it.

JESSICA SMITH CROSS/METRO

Café on the Square may be shut down. CONTRIBUTED

Nathan Phillips Square

Revamp project well over budget

"Unforeseen" problems and a failure to attract private sponsorship money has found the revitalization of Nathan Phillips Square massively over budget.

About $11.2 million of project elements — including building a two-storey restaurant, connecting city hall to the PATH network, a bridge to the Sheraton Centre, the rehabilitation of the ceremonial ramp and work on the elevated walkways and surrounding streets — have been removed from the scope of the project to meet the budget of $60.4 million.

It will be up to city council to vote on whether or not to pay to add them back in. The initial budget was $40 million, plus $24 million of private funding that never materialized.

JESSICA SMITH CROSS/METRO

O'Toole to take over VA, Fantino demoted

Effective change or damage control?
Julian Fantino's term in Veterans Affairs marred by several scandals

After an 18-month tenure marred by controversy, confrontation and cries of incompetence, Julian Fantino has been booted out of the Veterans Affairs portfolio and demoted to his old job as a junior minister.

In a quiet ceremony Monday at Rideau Hall, Prime Minister Stephen Harper replaced Fantino with Erin O'Toole, a southern Ontario MP and former member of the Royal Canadian Air Force who was elected to the House of Commons in a 2012 byelection.

Fantino, a tough-talking former police chief who represents the strategically important riding of Vaughan, remains at the cabinet table as associate minister of defence.

Repairing the political damage will fall to O'Toole, who has been a frequent, articulate defender of the government's policy in both the House of Commons and in the media.

NDP Leader Tom Mulcair said O'Toole could make a fresh start by reopening the nine Veterans Affairs offices boarded up last year as part of the department's reorganization.

Liberal veterans critic Frank Valeriote expressed sympathy for Fantino, describing him as a "good soldier" who had to deliver the same old "sour message" from the Prime Minister's Office. THE CANADIAN PRESS

Julian Fantino SEAN KILPATRICK/THE CANADIAN PRESS

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Dalhousie. Suspension not enough: Protester

Dalhousie University's decision to suspend from all clinical activities 13 male dentistry students who allegedly belonged to a controversial Facebook group has incited anger with some on campus.

President Richard Florizone, accompanied by the dean of the faculty of dentistry, Thomas Boran, announced the suspension Monday, which was originally decided on Dec. 22.

"The comments made in the Facebook group by some of our fourth-year male dentistry students were deeply offensive, degrading to women and entirely unacceptable," Florizone said.

Suspending the men from all clinical activities is part of an ongoing investigation into the incident and was reached due to their obvious lack of professionalism, Florizone said.

Students belonging to the Facebook group Class of DDS 2015 Gentlemen's Club had allegedly posted a series of sexually violent comments against women, including a poll of female classmates they'd like to have "hate" sex with and jokes of drugging women.

Florizone said these students will not be able to graduate while they are suspended but did not specify the length of the suspension, only saying the matter is under review by an internal committee and will coincide with the ongoing restorative-justice process.

But suspension is not enough, says Rach Klein, who was one of more than a hundred students and community members in a protest calling for the men to be expelled, not merely suspended.

Florizone said he's not ruling out the possibility of expulsion but emphasized university administration must follow a fair and just process.

STEPHANIE TAYLOR/METRO IN HALIFAX

Border agency

Blaney praises most-wanted list

The Canada Border Services Agency's most-wanted list has helped to track down several dozen dangerous criminals since 2011, Public Safety Minister Steven Blaney said Monday.

The program led to 59 individuals being located in Canada, with 51 of them being removed from the country. Another 17 individuals were located abroad.

The federal minister credited Canadians who called a special border-watch phone line (1-888-502-9060) with helping the CBSA.

Blaney said the individuals' activities have been linked to drugs and organized crime and possibly war crimes. He also noted that some may have had a terrorist past. THE CANADIAN PRESS

Ontario court

Feds seek to stop expats from voting

The right of long-term expats to vote in federal elections goes before Ontario's top court Tuesday, as Ottawa fights a ruling that struck down part of Canadian voting laws.

Barring Canadians from voting — in this case those who have lived abroad for more than five years — is a justified restriction in a free and democratic society, the government argues.

In May 2014, Ontario Superior Court Justice Michael Penny ruled parts of the Canada Elections Act were unconstitutional.

But Ottawa insists non-resident Canadians need to have a "direct and meaningful" connection to Canada and their ridings in order to vote.

THE CANADIAN PRESS

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Indonesia's air safety scrutinized

AirAsia crash. Weather still hampering search

Highlighting the depth of Indonesia's air-safety problems, the transportation ministry announced harsh measures Monday against everyone who allowed AirAsia Flight 8501 to take off without proper permits — including the suspension of the airport's operator and officials in the control tower.

Also, the routing permits of all airlines flying in the country will be examined to see if they are violating the rules, said Djoko Murjatmodjo, acting director general of air transportation.

"Who knows if other airlines are also doing the same thing?" he said.

The crackdown comes as searchers continue to fight bad weather while combing the Java Sea for bodies and wreckage of the Airbus A320 that crashed Dec. 28, killing all 162 passengers and crew on board.

The plane was travelling between Surabaya, Indonesia's second-largest city, and Singapore on a Sunday. Officials have since said its permit for the popular route was only for Monday, Tuesday, Thursday and Saturday and that AirAsia quietly switched three of those days. Officials in Singapore, however, have said the plane was authorized to fly on Sundays from its end.

Applications for specific routes take into account issues including air-traffic rights and airport takeoff and landing slots.

While the airline is being investigated, Indonesia has banned all AirAsia flights between Surabaya and Singapore.

On Monday, AirAsia Indonesia President Director Sunu Widyatmoko said by text that the airline will co-operate with the government during the evaluation but would not comment on the permit allegations until the process is complete.

Violation of the regulations would boost legal arguments for passengers' family members seeking compensation, said Alvin Lie, a former lawmaker and aviation analyst. But he added AirAsia would not be the only one to blame.

"The Surabaya-Singapore flights have been operating since October ... and the government didn't know," he said. "Where was the government's supervision?"

Murjatmodjo said key individuals who allowed planes to fly without permits would be suspended while the investigation is pending.

THE ASSOCIATED PRESS

Florida becomes 36th state to allow same-sex marriage

Catherina Pareto, left, and her partner Karla Arguello celebrate on the courthouse steps on Monday in Miami after Circuit Court Judge Sarah Zabel lifted a stay on her July ruling that Florida's same-sex marriage ban violates equal protections under the U.S. Constitution. Judge Zabel provided a jump-start to Florida's entry as the 36th state where gays and lesbians can legally marry, saying she saw no reason why same-sex couples couldn't immediately get their licences in Miami-Dade County ahead of a midnight launch statewide.

WILFREDO LEE/THE ASSOCIATED PRESS

PEGIDA. Germans protest anti-Islam movement

The square around the Cologne Cathedral was plunged into darkness Monday evening after the historical landmark in western Germany shut down its lights in a silent protest of weekly rallies in Dresden against the perceived "Islamization" of Europe.

The symbolic act came as thousands of Germans demonstrated in Cologne and several other cities against the ongoing protests by the group calling itself Patriotic Europeans against the Islamization of the West, or PEGIDA, which attracted its biggest crowd yet in Dresden on Monday night.

Cologne Cathedral provost Norbert Feldhoff told n-tv that shutting down the lights was an attempt to make the PEGIDA demonstrators think twice about their protest.

THE ASSOCIATED PRESS

Australia. Dozens hurt, homes lost in wildfire

More than two dozen homes have been destroyed or badly damaged and almost 30 people have sought medical treatment as a result of a massive wildfire that has raged out of control for days across farms and woodland in southern Australia, officials said Monday.

Hundreds of firefighters have taken advantage of milder conditions in recent days to attempt to contain the fire, which has razed 12,500 hectares of countryside northwest of the South Australia state capital Adelaide, State Premier Jay Weatherill said.

Since the fire started Friday, 29 people have been injured or hospitalized with conditions such a severe asthma, he said.

The only serious injury was a farmer who suffered suspected spinal injuries protecting his property, Network Ten television news reported.

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Report looks at sunnier side of falling oil prices

Against the trend. Drop threatens bottom lines of oil-producing provinces and federal government, many other experts say

Perhaps an era of cheap crude won't be so bad for Canada after all.

A Royal Bank of Canada report released Monday argues the financial blows of low oil prices on the Canadian economy could be more than cancelled out by the weaker loonie and additional consumer spending on both sides of the Canada-U.S. border.

Many other expert assessments have projected low crude prices to be a net negative for Canada.

The bank analysis pointed to a combined effect of three "offsetting positive outcomes" from low-priced crude: a boost for the U.S. economy; the lower Canadian dollar's benefit to exporters selling to the stronger U.S. market, and more spending by Canadians thanks to cheaper fuel.

The RBC report said lower oil prices will have significant impacts on government budgets in oil-producing provinces. But it argues these provinces — Alberta, Saskatchewan and Newfoundland and Labrador — have seen big increases in revenues from price increases in recent years, putting them on relatively strong footing to absorb the shocks of a prolonged decline.

Other provinces, meanwhile, are seeing benefits from the low crude prices in the form of cheap gasoline and the falling loonie, which is creating a better climate for their manufacturers and exporters. THE CANADIAN PRESS

Market Minute

DOLLAR 85.11¢ (+ 0.09¢)

TSX 14,392.70 (-360.95)

OIL $50.04 US (-$2.65)

GOLD $1,204.00 US (+$17.80)

Natural gas: $2.93 US (-$0.07)
Dow Jones: 17,501.65 (-331.34)

Weakening oil sector

"Our current Canadian forecast assumes that both consumers and exporters will ... slightly more than offset the expected weakening in oil-sector investment."
Royal Bank of Canada report

CES previews smart-home gadgets

BeeWi wirelessly controlled lights are on display at CES Unveiled, a media preview event for the four-day CES International in Las Vegas that opens to the public Tuesday. The smart-home concept is known in tech circles as the Internet of Things. Current iterations primarily include our ability to control gadgets such as lights and security alarms or view data remotely through a smartphone app. At the gadget show in Las Vegas, manufacturers will promote more devices and functionality. Some gadgets will be able to talk directly with one another, not just to an app. JOHN LOCHER/THE ASSOCIATED PRESS

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VOICES

A DRIVE TO LIVE

Thornhill man Mark Watkin lost his daughter Sarah to cancer a few months ago after doctors were unable to find a full match for a bone-marrow transplant. While the family is still coming to terms with their loss, Watkin shares why he believes swabbing drives are so important:

MARK WATKIN
readers@metronews.ca

"I love you bigger than forever and the moon and the stars in the sky. I'll be dreaming about you all night and all day and I'll be missing you every second until I see you again in the morning."

These are the good-night words I used to say with Sarah every night before bed, and now I say them to myself hoping that they reach her somehow.

Oct. 1, 2012, Sarah was a beautiful five-year-old girl with her whole life ahead of her. Her favourite colours were pink and purple because pink was mom's favourite colour and purple was dad's. She wanted us to know she loved us both equally. She had a little sister, Elizabeth, whom she just adored and who adored her. She loved to ride her bike and had just learned to rollerblade. She had a smile that we knew would one day break hearts. She was our first child, a miracle from our love for each other. Oct. 1 was the day our lives would change forever.

I remember being at Sick Kids and feeling relieved that they were going to figure out what was wrong with Sarah and make her all better. But then a young doctor came to us and told us that Sarah had cancer. Her life just flashed before our eyes. We wanted to take her and run, but there was nowhere to go. We found out that Sarah had AML, an aggressive type of blood cancer. Her treatment would be long and intense. She would be in the hospital for about six months. Her prognosis was 50/50 — just a flip of a coin.

We fought the disease with chemotherapy, but a year after her diagnosis we were told a bone-marrow transplant was our only hope.

There was no match for Sarah on the national registry, OneMatch. Her new brother, Matthew, also was not a match, and neither was her sister Elizabeth. Our last chance was a half match from a parent, and in February she received a bone-marrow transplant from her mom.

We prayed every second of the day that she would pull through this. We knew that the odds weren't in our favour, and less than six months after the transplant, Sarah relapsed. Now there was nothing we could do to save her. Sarah was dying. Her prognosis: Weeks to months, maybe. How was this happening? What are we going to do? How can we save her? How can we let her go?

We had a new fight on our hands. How do we give Sarah a whole life in just weeks to months? We went to Disney World. We did indoor sky diving and riding on the back of motorcycles. We spent a lot of time at the cottage. We went to Casa Loma

Mark Watkin and his late daughter Sarah. FACEBOOK

dressed as princesses and had high tea. We had a lion cub come to the house and went to a zoo where Sarah pet an adult tiger. We tried to bring her as much joy as we could.

On Nov. 2, 2014, Sarah died in our arms at home in our bed, surrounded by love.

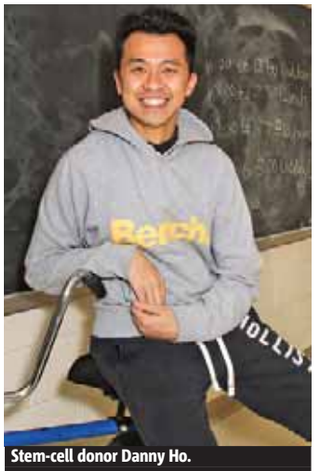
Swabbing Drives. Through our time at Sick Kids, we realized that we needed to do something to help all these children on the cancer floor. We started a Facebook page called Sarah's Drive for Hope. It was to encourage people to donate blood, and get on the bone-marrow list so people could find their matches if their lives ever turned to tragedy like ours. It was a page of hope for others also fighting cancer. It was amazing; people from around the world began emailing our family with letters of appreciation of how Sarah's life taught them to be better people and some even to be better parents. We also realized that the bone-marrow donation age was 17-35, perfect for high-school students. We began calling local schools, and almost half of the region's schools ran successful swabbing drives. Sarah tried to attend many of them as we spoke to students about how important getting on the registry could be and how easy it was: just a simple swab in your mouth. In the coming months we learned that four matches were found through Sarah's drives, and those people donated their stem cells. Someone out there now had hope.

The Future. We are trying to learn who our family is without Sarah. It's a struggle to move forward, and often we feel like it's one step forward and two steps back. We are enjoying learning who our other children are and seeing them thrive. We love seeing the smiles on their faces when they play with each other and we wish Sarah was here with us to enjoy them, too. Elizabeth asks to see Sarah all the time, but how do you explain what's happened when we barely understand ourselves?

What we do know is that swabbing drives *must* continue. There are so many people looking for a bone-marrow match, hoping for a chance at life. In the coming months, our family plans to complete an entire school district and swab at EVERY high school in York Region in the spring. The challenge is on. If you know a principal or teacher and want to do something good, contact Sarah's Drive for Hope or OneMatch to find out how to run a simple swabbing drive and save lives.

We will miss Sarah forever and a day.

'Like giving someone a second chance at life'



Stem-cell donor Danny Ho.
DAVID VAN DYKE/METRO

GILBERT NGABO
gilbert.ngabo@metronews.ca

Danny Ho's decision to be a stem-cell donor was prompted by a story he read a few years ago.

It was the story of a British man suffering from leukemia who was in his dying moments. His sister, who was identified as a perfect match, would not agree to donate her bone marrow to save his life.

"I couldn't believe it," said Ho, 27, who works as an education assistant for autistic children at Buttonville Public School. "I have two sisters. That story made me think that if one of them needed help, I would definitely donate stem cells to her."

Ho put his name up at OneMatch Stem Cell and Marrow Network, a specific division at Canadian Blood Services that recruits donors and matches them with patients that need help with stem cells.

He went through various tests with the registry to make sure he was medically fit and fully committed to donate. On June 12, 2013, he spent about six hours at Princess Margaret Hospital, where his stem-cell donation was taken.

"It feels like giving someone a second chance at life," he said. "When I signed up, I knew I could be donating to somebody else, not necessarily my family member, so it's good for the patient and their family, too."

Ho is a perfect example of the demographic currently targeted by the OneMatch registry drive as potential donors.

MaryLynn Pride, transplant liaison specialist at OneMatch Stem Cell and Marrow Network, says there's currently an emphasis on recruiting donors from diverse backgrounds.

"What we know from scientific research is that patients have a better chance at finding matches from donors within their diverse communities, particularly young males between the ages of 17 and 35," said Pride. "It really is about community giving back to community. We are mainly looking at the quality of the donors and what the demand is from patients."

On average, donors can wait as long as five years before finding a patient they match with.

"We need to increase the number of donors on the registry because the need for stem-cell transplants is huge and has been on the increase every year," said Pride.

"We're always trying to provide the highest quality possible of donors and we do know that those are young males from diverse background."

Understanding the need

- At any given time, close to 1,000 Canadians are waiting for a stem-cell match.
- Today, only 25 per cent of patients who need stem-cell transplants are able to find a match within their family.
- There are some 340,000 potential donors registered with OneMatch, three-quarters of whom are male.
- The process to donate stem cells can only begin when a match has been identified.
- You can help by joining Canadian Blood Services' OneMatch Stem Cell and Marrow Network.
- In honour of Sarah's life, Metro is holding a swab drive for our staff.

metro

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Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Jennifer Aniston ALL PHOTOS: GETTY IMAGES

Aniston has Brad new attitude as she eyes Golden Globe prize

How do we know Jennifer Aniston is taking her bid for awards season glory seriously?

She's entertaining questions about ex-husband Brad Pitt.

Aniston is currently on the campaign trail for her Golden Globe-nominated performance in the indie drama Cake, and the rules of Hollywood state that you've got to play ball if you want a serious shot at some trophies. So Aniston sat down with CBS Sunday Morning, where reporter Lee Cowan used the age-old trick of asking about how annoying it is when people ask about something as a ploy to ask about that thing without looking like you're actually asking about it. Sneaky, that one.

"The fact that it still follows you around — I mean, I'm divorced. It's got to be painful. I mean, I don't like when people bring it up. But people still do, right?" Cowan asked. And by people, he means himself, who just brought it up.

But Aniston is a pro: "I don't find it painful, though. I think it's a narrative that follows you because it's an interesting headline. It's more of a media-driven topic," Aniston responded.

And speaking of media-driven, Cowan — who clearly can't take a hint — followed that up with, "You guys still talk? You friends?" And kudos to Aniston for not rolling her eyes or just straight up punching him before replying. We'll see if the gambit pays off.

Boxer schools Prince in the birds and the Biebs

Prince Jackson with his grandmother Katherine

It might be time to start worrying about Michael Jackson's eldest, Prince Jackson, who becomes a legal adult next month. And if Page Six is to be believed, he's already living a pretty adult life — including clubbing, juggling girlfriends and being generally bratty — thanks to a friendship with noted role models Justin Bieber and Floyd Mayweather, who "has been offering a lot of advice to Prince, including about women," a source says. Mayweather is also supposedly behind recording sessions for a planned "major recording album" by Bieber and Jackson. That's right, a major recording album. Who knows, maybe it will lead to a significant performing tour or something.

Anyway, if you really want to start using rage instead of coffee for a pick-me-up, enjoy these details on the spending habits of 17-year-old Jackson, who receives a $66,000 monthly allowance from his dad's estate. "He's looking at high-end cars like a Mercedes Maybach, a Rolls-Royce and Range Rovers, and he's buying expensive jewelry," the source says.

Ah, to be young.

Matt Damon is a Patriot kind of Super Bowl guy

Good news, Patriots fans. Your team is going all the way this year. Because Matt Damon says so.

Damon was returning to Los Angeles this weekend when paparazzi stopped him at the airport to get his opinion on the current NFL season.

"Patriots are going all the way," he tells a TMZ cameraman. "I think there's a lot of good competition out there, but I'm a big believer in the Patriots."

So there you go.

Matt Damon

Ashton Kutcher and Mila Kunis

Kutcher, Kutcher, koo! Ashton, Mila kid you knot

New parents Ashton Kutcher and Mila Kunis got tabloid rumour-mongers worked up into a frenzy on New Year's Eve with a photo message on Kutcher's Facebook page with warm wishes from "the Kutchers," sparking speculation that they'd already secretly tied the knot. But don't worry, you didn't miss anything. Sources tell Radar Online that they "have not gotten married yet" and the big day won't be happening until the summer.

"Ashton loves fooling people, and because they handle their own publicity, they are totally aware of how to manipulate the press," a source explains. "If they did get married, they are lying to a lot of people close to them about it."

I mean, that's not out of the realm of possibility, though, right?

Romeo beats out his dad for best-dressed Beckham

This must be pretty embarrassing. David Beckham landed on GQ's "50 best dressed men in Britain 2015" list, as expected — but he didn't rank nearly as high as 12-year-old son Romeo Beckham. David slipped in at No. 46, just behind Tom Hardy (and I'll wait a minute while your brain has fun with that sentence). But Romeo, oh Romeo, was ranked 25th.

David Beckham

Not too shabby for a tween, but then having a couple of Burberry campaigns under your wing doesn't hurt. The top spot went to Theory of Everything star Eddie Redmayne, with Benedict Cumberbatch in second, Fifty Shades of Grey star Jamie Dornan third and Arctic Monkeys frontman Alex Turner fifth.

Top five albums not to be missed this year

Madonna, Marilyn Manson and Rihanna are just a few of the artists set to return with a new record in 2015. Here is our list of releases not to be missed this year.

scene@metronews.ca

Rihanna

The beloved Barbadian singer has largely kept secret the details of her next album, which her fans are calling R8.

The only thing known about this mysterious record is the year of its release.

However, the star indicated on Instagram that she is already working on the new album and even shared a musical excerpt.

Madonna

The pop icon will return in March 2015 with Rebel Heart, several tracks from which have already leaked to the Internet.

Since Dec. 20, six tracks have been available for pre-order from the album, which was produced in part by Kanye West.

Muse

The British musicians announced their return to the studio on Instagram, confirming the arrival of a new record this spring. As Matthew Bellamy told NME, the sound is expected to be less experimental than the band's previous work.

Marilyn Manson

Last October, the provocateur dropped the single Third Day of a Seven Day Binge, which is available for free download on his website. The track sets the tone for his forthcoming album, The Pale Emperor, which will go on sale Jan. 19.

Two days later, Manson will begin promoting the new record on his Hell Not Hallelujah Tour.

U2

Last October, the Irish band said their next album, Songs of Experience, was 70-per-cent finished. So it seems likely this follow-up to Songs of Experience will be released at some point in 2015.

The band will also head out on tour to promote its previous album, which was released for free on iTunes.

AFP

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Cheers to a natural 2015

The Canadian Health Food Association's holistic nutritionist Michelle Book takes us through the top trends that health retailers, suppliers and health experts are buzzing about this year

IZABELA SZYDLO life@metronews.ca

Oils with fancy fats

Avocado oil is about to get a lot more attention. Avocados are touted for their healthy fats, but the extracted oil is rich in monounsaturated fats and vitamin E, which are crucial for healthy, radiant skin. Refined avocado oil is also excellent for cooking or sautéing. Another trendy oil is camelina, which is rich in mono- and polyunsaturated fats with a high proportion of heart-healthy omega-3s (as high as 45 per cent!). It is an oil-seed prized for its nutty and fresh taste, healthy properties and heat-resistant traits. Natural antioxidants, including Vitamin E, give camelina oil a longer shelf life than olive or other oils. It is excellent on salads and drizzled on grilled veggies. Other oils to keep an eye on include flaxseed and walnut oil.

Digestive health

When we have the right balance of good to bad gut bacteria it helps protect our gut lining, keeping it strong and reducing our chances of intestinal permeability (known as leaky gut). Leaky gut means bacterial toxins are passing into our body, which can lead to inflammation linked to weight gain, obesity and mental health issues. Many people think they are getting probiotics from yogurt, but only those that have "live and active cultures" on the label actually contain probiotics and, unfortunately, even when you eat this yogurt it is difficult to know exactly the quality, quantity and type you are consuming. Taking probiotics in a supplement form is the best way to ensure that you are getting enough and the correct strain for your individual health needs.

Pumpkin

Pumpkin has flown under the radar for a long time, but new studies are now linking it to heightened prostate and urinary tract health. Pumpkin seeds are rich in B vitamins, vitamin E, zinc and essential fatty acids. Pumpkin flesh is rich in nutrients including beta-carotene, a precursor to vitamin A, crucial for healthy reproduction, immune system health and vision. The great thing about pumpkin is there are so many ways, beyond pumpkin pie, to use it. Mixing pumpkin oil and balsamic vinegar makes vinaigrette for salads, and pumpkin seeds are the perfect salad topper. Pumpkin is also becoming a great breakfast food, adding flavour to pancakes, waffles or smoothies while delivering an extra nutritional boost.

GMO labelling

GMO (genetically modified organisms) is a process that tinkers with the genetic material (DNA) to enhance specific traits. Most often, these are crops like corn, soy and canola, which are used in many processed food products. In plant species, these traits can include pesticide or pest resistance, drought resistance or nutrient level enhancement. In 2015 we predict the demand for GMO labelling will continue to increase. In more than 60 countries, including Australia, Japan and all of the countries in the European Union, there are restrictions or outright bans on the production and sale of GMOs. In Canada, we are seeing an increase in consumers demanding to know where their food comes from and whether it has been genetically modified. It's still to be seen how this will impact legislation, but many companies are rising to identify their products as GMO-free.

Small screens have big impact on sleep

Children who have access to tablets or smartphones in their bedrooms get less sleep than children who do not have the devices with them at night, a US study said Monday.

The findings in the Jan. 5 edition of the journal Pediatrics show that having a so-called "small screen" within reach was slightly worse than a television set when it came to sleep deprivation in a group of 2,000 middle school kids.

Overall, those with access to smartphones and tablets got nearly 21 fewer minutes of sleep per night than children whose rooms were free of such technology, and they were more likely to say they felt sleep-deprived.

Those with a TV in the bedroom got 18 minutes fewer of slumber than kids without televisions in their rooms.

"Presence of a small screen, but not a TV, in the sleep environment, and screen time were associated with perceived insufficient rest or sleep," said the study led by Jennifer Falbe of the University of California, Berkeley School of Public Health.

"These findings caution against unrestricted screen access in children's bedrooms."

Participants in the study included 2,048 Grade 4 and Grade 7 students enrolled in the Massachusetts Childhood Obesity Research Demonstration Study from 2012 to 2013. AFP

Small-screen devices impact sleep more than TVs. ISTOCK

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Nutrition

Obesity doesn't always mean poor health: Study

U.S. scientists encouraged 20 obese people to eat extra fast food for several months, and found about a quarter stayed in good health despite the pounds they gained.

The study was led by a team of scientists at Washington University School of Medicine in St. Louis.

Subjects were encouraged to eat 1,000 extra calories per day, mainly by frequenting fast food restaurants with the goal of adding six per cent of their body weight

The results mirror what scientists have seen in the general population, which is about a quarter of obese people do not appear to suffer from metabolic complications that can lead to heart attack, diabetes and stroke.

Those who did suffer from metabolic problems grew worse with extra weight. AFP

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to help you track and reach health goals.

While fruit is incredibly good for you, and perfect as a detox aid, it also contains a ton of sugar, so be advised. AFP

Back on the health track

Cleanse. Give your liver and other organs a boost to eliminate toxins and help you shed pounds

After the holidays — with their traditional onslaught of stuffing, gravy, and mountains of chocolate — our bodies are begging for a detox session.

When it comes to shedding water weight and eliminating toxins, we rely on the liver and other organs, and there are several ways to give them a boost.

Here are a few ingredients to include in your diet to enter 2015 on the right foot.

Herbal teas and tinctures

Health food stores are the first place to go when the need for a detox sets in, as they offer natural products known to help the body eliminate toxins.

Some classic detox aids include tinctures and teas made with rosemary, artichoke, burdock, dandelion, black radish, peppermint, lavender or lemon essential oil.

Water, water and more water

After a period of excess, water is one of your best allies when it comes to flushing out the system.

Particularly while attempting to detox, it is important to drink around 50 to 70 fluid ounces of water per day (one-and-a-half to two litres). Drinking water helps promote better digestion and, somewhat counterintuitively, to shed water weight. To reap even more benefits, choose bottled mineral water that is rich in calcium and magnesium and low in sodium.

The lemon method

There is one ingredient people around the world swear by after overindulging during the holidays: lemon.

Adding lemon juice to a large bottle of water and drinking it throughout the day helps regulate the digestive system and stimulate the elimination of toxins.

Of course, lemon juice can also be added to food as a light salad dressing, for example.

Seasonal fruit

Rich in vitamins and water, pineapple, grapefruit, apple, orange and lemon are ideal detox aids when eaten raw before and (especially) after a meal. Of course, fruit is rich in sugar, so moderation is advised.

Green vegetables instead of starch

Instead of mashed potatoes or white pasta, fill your plate with green vegetables in the weeks following the holidays.

A diet rich in herbs, lettuces, kale and cabbage — as well as onions and garlic — can help the body eliminate toxins while replenishing vitamins and minerals.

While any detox diet should also include a few whole grains in moderation, avoid white starches as well as all forms of processed sugar, alcohol, coffee and dairy products.

AFP

Are you using social media to elevate your chances of employment? ISTOCK

Harnessing the potential in an online presence

Career. Learn to leverage social media and take your career to the next level

MARIANNE HAYES
Metro in New York City

These days, it's hard to find someone who isn't on social media. It comes as no surprise that one 2014 Pew study found that 74 per cent of online adults use social networking sites. But are you leveraging social media to take your career to the next level?

According to a recent Jobvite survey of nearly 2,000 recruiters, more than half said they'd reconsidered a candidate based on their social profile. What's more, 94 per cent use LinkedIn to recruit new employees. This begs the question: How can you utilize social media to land the job of your dreams?

Here to weigh in is Caity Kauffman, social media and digital marketing manager for the Tampa Bay Lightning. At 25, Kauffman is living proof that understanding social media pays off. In fact, she used connections made on Twitter to secure her first job out of college. Since then, she's cultivated a loyal social media following and is considered an up-and-coming millennial voice in Tampa Bay.

Here are a handful of Kauffman's most valuable tips for upping your career through social media.

Be searchable

According to Kauffman, a lot of students new to the job force hide from Google. She actually suggests doing the exact opposite.

- "If I'm trying to look up a possible intern and I can't find them, that makes it look like they either haven't done anything or they're hiding something," she says.
- Instead, be open to being searchable. Creating a basic website can be an excellent way of getting your name to rank in Google. It also pulls double duty by showcasing your talents and skills. In short, when potential employers Google you, you want good things to pop up.

Tweet your resumé

It may sound a little out there, but tweeting your resumé can be a great way to get exposure. For Kauffman, doing this actually led to a job producing a Sirius XM radio show. (Thanks to a retweet.)

"I actually gave the same advice to a girlfriend in Philadelphia," says Kauffman. "She tweeted out her resumé and an ad agency found her and hired her as a junior copywriter."

Creating an online portfolio of your work is another little thing that can have a big impact. It's also easy to promote on social media and paints a more complete picture of your skill set, especially since a resumé is typically only one page long.

Reach out to new contacts (without being creepy)

Got your eye on a potential new contact you're itching to connect with? The last thing you want to do is come on too strong, which can spoil the relationship before it even begins.

Instead, Kauffman advises starting off slowly. Begin by following the person on social media, gradually commenting and retweeting wherever you can. This opens the door for some interaction.

"Engage with them naturally as if they have nothing to offer you," says Kauffman. "Once they start tweeting back and you have a couple of back-and-forths, I would send them a DM or email if possible."

The worst thing you can do at this point is ask them how they can help you. Instead, just ask them to grab coffee so that you can learn from their experience. In other words: Don't treat them like a stepladder. If you're eager and motivated, Kauffman says, most people will want to help you. So focus on building relationships slowly before you start asking for favours.

Tom says,

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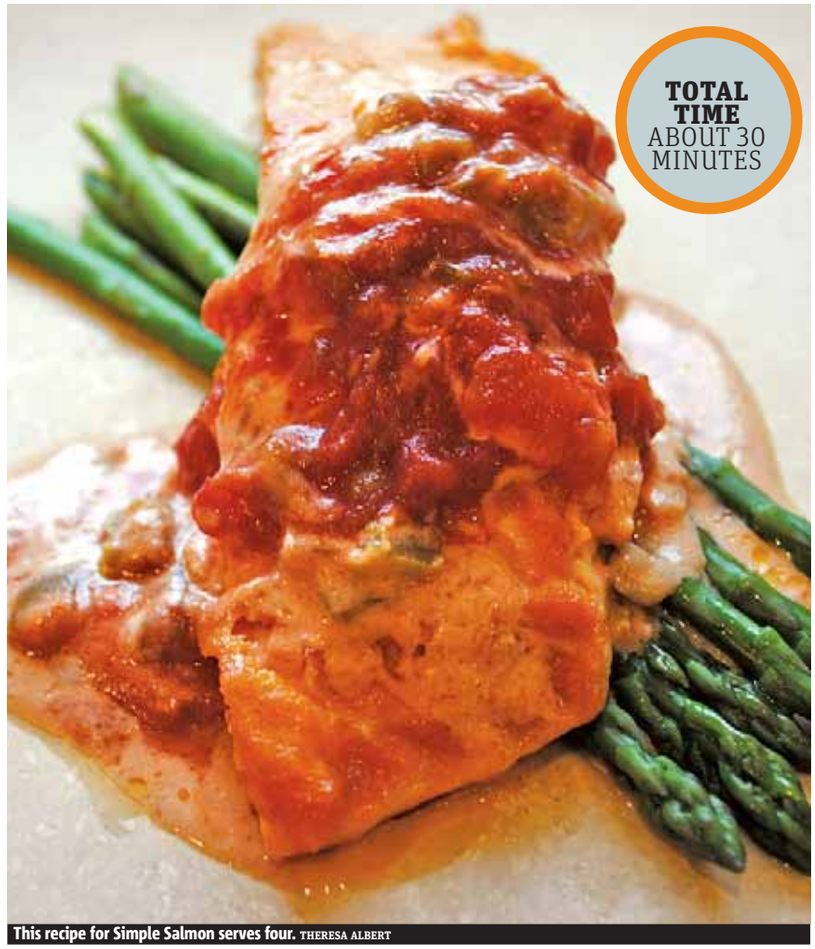
This year, resolve to eat better by hitting the sauce

Simple Salmon. Open some salsa and a tub of Greek yogurt for an easy weeknight meal



This recipe for Simple Salmon serves four. THERESA ALBERT

FLASH FOOD

From your fridge to your table in 30 minutes or less

You want a lean, healthy, omega-3-loaded, simple two-step meal ready only 20 minutes after you come in the door? Of course you do! It's still January and your commitment to eat better is just as valid as it ever was. For this recipe, all you need is salsa, Greek yogurt, salmon and asparagus plus an oven or toaster oven and you're good.

Directions

1. Preheat oven to 400 F. Rinse asparagus and chop off any woody ends. Lay on a baking sheet, sprinkle with oil and roll to coat. Sprinkle with sea salt if desired. Place into oven on top shelf and bake asparagus until browned to your liking (5-15 minutes).

2. Place salmon in a baking dish large enough so the fillets don't touch. Mix together salsa and Greek yogurt. Spread onto salmon and place uncovered in oven. Bake for 10-15 minutes depending upon thickness of salmon.

Ingredients

- 1 bunch asparagus
- 1 tsp extra-virgin olive oil
- 4 pieces fillet of salmon
- 1/2 cup salsa (any flavour, but I used PC black bean and corn salsa)
- 1/2 cup Greek yogurt

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT WWW.MYFRIENDINFOOD.COM

Theresa's tips

How to pick the best bottled condiments

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Once upon a time we touted Europeans as folks who eat better because they cook from scratch. It's still true that they generally eat better than North Americans, but they don't have any more time than we do to get meals on the table. They simply demand top quality prepared foods and put them together seamlessly, healthfully and beautifully.

Among those prepared foods are cooking sauces, which have seen huge growth worldwide. Salsas, pickles and fermented products are cropping up in all sorts of flavours and new combos. It is worth searching for jars full of nourishing ingredients rather than being duped by marketing labels such as "gluten free" and "GMO free." While both can be important considerations, they don't trump a list of fillers over real food. Look for:

- fruits or vegetables as a first ingredient;
- items that nutritionally enhance your, erm, bad habits (For instance, use sun-dried tomatoes to top otherwise nutrition-free pizza);
- items containing Greek yogurt for protein;
- ways to incorporate beans in any fashion;
- foods that have active probiotic cultures.

These days, home cooking often means "home mixing of jarred and canned goods to create something of a home-cooked meal." And that's OK, as long as the items are wholesome and best in class.

Look for prepared foods containing Greek yogurt for added protein. ISTOCK

Three-team deal

Cavs land Smith, Shumpert: Report

A person with knowledge of the deal says the New York Knicks have agreed to trade guards J.R. Smith and Iman Shumpert to the Cleveland Cavaliers.

The Cavaliers are expected to move Dion Waiters in the deal.

The Knicks will get a second-round pick in 2019 from the Cavaliers, the person said on condition of anonymity because the trade was not yet official. New York plans to waive whatever players it acquires in the deal that also includes the Oklahoma City Thunder, according to reports. THE ASSOCIATED PRESS

Reports had Iman Shumpert and J.R. Smith traded to the Cavaliers on Monday night. GETTY IMAGES FILE

FA Cup

"I grew up loving the competition, and as it's going to be my last time, I want to make the most of it and try and go all the way."

Liverpool captain Steven Gerrard, who scored two goals in a 2-1 FA Cup win over AFC Wimbledon on Monday. Gerrard, who's been with Liverpool for over 16 years, announced last week that he'll make the move to MLS after the end of the current Premier League season.

Canada's Connor McDavid breaks away from Russia's Dmitri Yudin and Ziat Paigin to score a goal during the gold-medal game of the world junior championship in Toronto on Monday night. STEVE RUSSELL/TORSTAR NEWS SERVICE

Canada outpaces Russia to grab gold

World juniors. Home team claws its way to narrow victory in championship game

Gold-medal game

Canada	Russia
5	4

World junior gold belongs to Canada once again after beating age-old rival Russia.

Canada came perilously close to blowing a four-goal lead and hung on through an intense third period to beat Russia 5-4 on home ice at Air Canada Centre on Monday night.

"There were some tense moments.... That was one of the craziest games I've ever been a part of," said defenceman Josh Morrissey.

The win ended Canada's gold-medal drought that dated to 2009. It's the nation's first medal in this tournament since 2012.

"That was a once-in-a-lifetime opportunity, and we took advantage of it," said Max Domi about winning on home ice.

Canada scored on its first shift, chased Russia's starting goaltender less than three minutes in and ignited the red-and-white-filled crowd of 19,014 that began to celebrate in the second period. When Russia chipped away, Canada's veteran bunch found its first trouble of the tournament but survived to avoid what would've been one of the more memorable collapses in history.

Anthony Duclair, Nick Paul, Connor McDavid, Domi and Sam Reinhart scored for Canada to build the lead, which at its height was 5-1. Dmitri Yudin, Ivan Barbashev, Sergey Tolchinsky and Nikolai Goldobin scored for Russia.

"Preparing for this game, I almost felt like I played in it before," said Canadian captain Curtis Lazar. "Everyone did their part; no one stood out any further than others."

THE CANADIAN PRESS

Raptors hope for return to winning ways at ACC

Kyle Lowry was named Eastern Conference player of the month for December. TORSTAR NEWS SERVICE

After the Western Conference road trip from hell, the Toronto Raptors are due for a little bit of home cooking.

And thanks to the NBA schedule makers, that's just what they'll be getting. Starting with Thursday night's game against the Charlotte Hornets, the Raptors play six straight at the Air Canada Centre.

It's part of a relatively gentle stretch for the Raptors, who are licking their wounds after going 2-4 on their recent trip, which concluded with a pair of big losses to the Golden State Warriors and Phoenix Suns.

"It is what it is. We lost some games we could have won. We won some games that were good wins but we didn't build off it," Kyle Lowry said after the Raptors were manhandled 125-109 by the Suns on Sunday night.

The Raptors need to shake off the losses (which came with DeMar DeRozan sidelined by injury) and look to get a spark at home, added Lowry, voted the Eastern Conference player of the month for December.

"We can't dwell on it. It's a tough stretch, and without our all-star, it caught up to us a little bit. But we have a few games where we have to make up for it on the home floor," said Lowry.

TORSTAR NEWS SERVICE

Toronto basketball notes

It's no certainty, but DeMar DeRozan is expected to be back this Thursday against the Hornets. DeRozan has been out with a groin injury since mid-November. The Raptors went a more-than-respectable 11-6 without DeRozan.

- **Making his mark.** Vaughan's Andrew Wiggins has made it two straight rookie of the month awards after averaging 14 points and 4.1 rebounds in December. He's the first T-Wolves player to win the award twice in one season.

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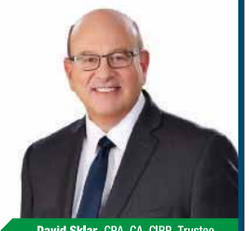

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Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Serious thoughts should be shoved to the back of your mind today. This is not a time to focus on money or career matters, this is a time to indulge in life's lighter side.

♉ Taurus
April 21 - May 21
If you can afford the time and money this is a good time to take a vacation.

♊ Gemini
May 22 - June 21
You will find yourself at odds with someone in a position of authority today and you may have no choice but to back down, even though you believe you are in the right.

♋ Cancer
June 22 - July 23
You need to stay on your toes both physically and mentally, because unexpected events will test you to the limit.

♌ Leo
July 24 - Aug. 23
Dealing with other people's problems will take up a large slice of your time today and while it may be a bore it will also put you in the good books of people whose help you may need in the future.

♍ Virgo
Aug. 24 - Sept. 23
You need to get tough with someone who seems to delight in placing obstacles in your path. Let them know that if they can't be a team player then there is no point in their hanging around.

♎ Libra
Sept. 24 - Oct. 23
What is right for other people won't necessarily be right for you today, so don't follow their example just because you think it is expected of you.

♏ Scorpio
Oct. 24 - Nov. 22
It does not matter what level you are on at this moment, you are very much on the up. So keep climbing.

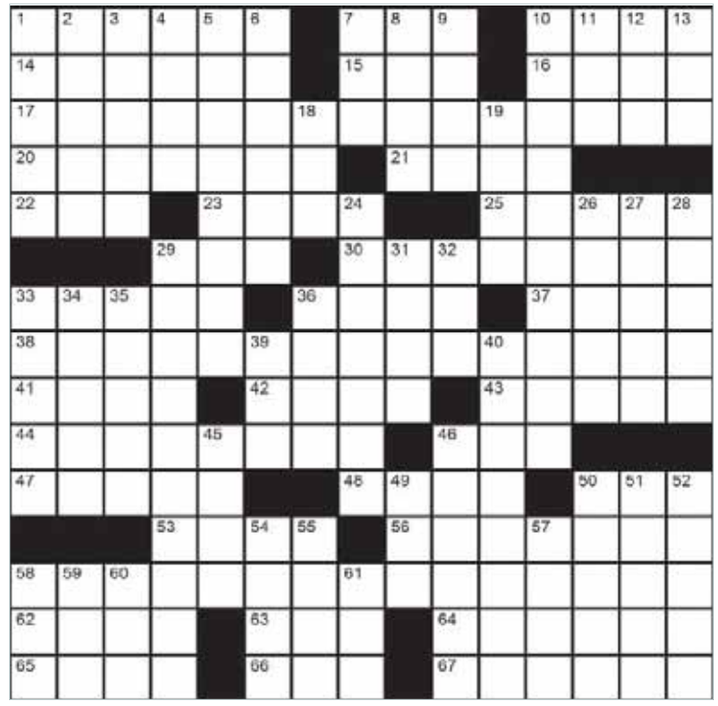
♐ Sagittarius
Nov. 23 - Dec. 21
Don't let other people's complaints and criticisms get to you today. You may look confident on the outside but a worm of doubt is burrowing its way into your mind and your rivals will play on that if you give them the chance.

♑ Capricorn
Dec. 22 - Jan. 20
You may be in a positive mood at the moment but one particular person desperately needs cheering up. Whatever it is that is wrong help them see it is of no real consequence.

♒ Aquarius
Jan. 21 - Feb. 19
Anyone who tries to tell you what to do today will soon be wishing they had kept out of your way.

♓ Pisces
Feb. 20 - March 20
Mixed signals are likely today and you could find yourself laughing when others expected you to be sad.

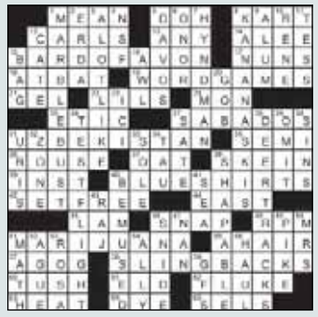
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Geeks
7. Gird
10. Canadian singer/songwriter Steven
14. Imp
15. Q. "Is 'B' the first letter?" A. "__, '_' is."
16. Van Halen drummer
17. 1887 novel in which Sherlock Holmes makes his debut: 4 wds.
20. Dough prepper
21. Arctic seabird
22. Dawn goddess
23. Invitation letters
25. Flees
29. 15th Prime Minister's monogram
30. Saskatchewan town
33. Stars, in Latin
36. Be in harmony
37. Person being taken for granted
38. Coaches puller, as per #29-Down: 2 wds.
41. Hagar The Horrible's daughter
42. Jazz vocalist Ms. Anderson
43. Ms. Gilpin's of "Frasier"
44. Katniss __ (Jennifer Lawrence role)
46. Lucy's hair hue
47. Make the score even again
48. Actor Will
50. Clothing size choices
53. 'Within'-meaning prefix
56. Superstate in Nineteen Eighty-Four
58. Whistler Blackcomb and Mont-Tremblant: 2 wds.
62. Casino game
63. High deg.
64. __ of luck
65. Dr. Cristina __ (Canadian actress Sandra Oh's role from "Grey's Anatomy")
66. Ascertain
67. Multi-__ (One doing it all)

Down
1. Sir Francis __ (16th-century English explorer)
2. "Hey! That __ __ accident!"
3. Actor Rob
4. S. Amer. country
5. Nightmare: 2 wds.
6. Most cunning
7. Ms. Jillian
8. Katharine of "The Graduate" (1967)
9. The __ (Cabaret style theatre in Charlottetown)
10. Partook in the activity at #58-Down
11. __-inclusive
12. "Gosh!"
13. Office tel. line
18. Mr. Berlin, briefly
19. Canberra's country, curtly
24. Setting a dollar amount
26. Group ruled by Odin
27. Rome's coin-collecting fountain
28. Daggers
29. __ __ Central Railway (Operating vintage train attraction in Winnipeg)
31. Hautbois
32. Theological sch.
33. Peter of '60s pop duo Peter and Gordon
34. Kitchen appliance
35. Dogma
36. "By __, I think she's got it!"
39. Whopper
40. The Merry Widow, for one
45. Athapaskan-speaking people of the Northwest Territories
46. Put new actors in roles
49. Geological period
50. Fish of brackish waters
51. Whale type
52. Particular printer
54. Cook's li'l quantities
55. Prince album: 'Sign '_' __ Times'
57. Affectations
58. __ diving
59. Mauna __ (Hawaiian volcano)
60. Lodge
61. Chemical suffix

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		1	5	6	3			
			1			8		
5		9					4	
1	9				5			7
	8						5	
6	5	7						2
9	6		3				7	
3				5	8	4		
			9	7				

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Yesterday's Sudoku

5	4	8	3	6	1	7	9	2
2	6	1	9	7	4	5	8	3
7	9	3	5	2	8	6	1	4
9	8	5	6	4	2	1	3	7
6	1	2	7	5	3	9	4	8
4	3	7	8	1	9	2	5	6
8	5	4	2	9	7	3	6	1
1	7	9	4	3	6	8	2	5
3	2	6	1	8	5	4	7	9

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